

ARLINGTON COUNTY COMMUNITY SERVICES BOARD

Mental Health Committee

April 30, 2014

APPROVED 5/28/14

Committee Members Present: Judy Deane (Co-chair), Brian Berke, Scott Brannon, Caroline Bragdon, Debra Byrd, Lee Long

Committee Members Absent: Sam Howlett, Susan Lowry, Betsy Greer, Ann Wroth, Anne Hermann (Co-Chair), John Blount, Richard Smith, Tom Quinn

Staff Present: Alan Orenstein, Justine Larson

Call to Order: Ms. Deane called the meeting to order at 6:05 p.m.

Approval of Minutes: The Committee approved the February 26 minutes without amendment.

Presentation: Dr. Larson provided an overview of the Psychiatric Services Bureau and answered a number of questions from the Committee members. Major activities include the provision of psychiatrist and nursing services in close coordination with the MH and SA teams. Dr. Larson reported that Arlington County psychiatrists see approximately 2000 adult mental health clients annually, as well as 200 children and 200 senior adult clients in the Aging and Disabilities Division. Initial evaluations are 90 minutes and follow-up appointments are half an hour. The average psychiatrist's caseload is 250 for a 40 hour week, and clients usually wait 2-3 weeks for a regular appointment. In urgent cases, however, a doctor or nurse will see a client within 1 to 2 days, and there are also walk-in slots for emergencies. There are two full-time psychiatrists: Dr. Larson and the PACT psychiatrist and a part-time psychiatrist and part-time psychiatric nurse practitioner. There are also 10 part-time contract psychiatrists totaling 5 additional FTEs. Dr. Larson commented that the nurse practitioner is a very valuable member of the team and often takes a more holistic approach to clients' health issues than regular psychiatrists do.

A major project is the grant-funded partnership with the Alexandria Neighborhood Health Services, Inc. (ANHSI) clinic co-located at the Drewry Center which provides primary care to a number of BHD clients 2 days per week. Committee members had a number of questions related to: the provision of medication, the quality of psychiatric services, integration and coordination with the various CSB programs, the use of nurse practitioners, client outcomes and the advantages and disadvantages of merit (County) versus contracted psychiatric staff. She also described the psychiatric services in and contracted by the Detention Center. She noted that they operate with a more limited formulary and that resulting issues were handled on a case-by-case basis.

MH Director's Report: Dr. Orenstein announced that Cindy Kemp, the BHD Chief, retired effective 4/25/14. He described that the DHS Director will be recruiting widely

for a replacement. As requested by the Chairs, he distributed a summary of the supported education service definition, history, utilization and outcomes. Last year the program served 59 clients and so far this year 63 have been served. In FY13 and 14 to date, 13 individuals have enrolled in NOVA and 10 in GED programs, including 14 young adults. Ms. Deane noted that this is a substantial increase in client numbers from the beginning of the project and that it is good that the program is able to get a growing number of young adult clients on the road towards continuing with their education. With respect to the Committee schedule, Dr. Orenstein noted that the May 28 meeting will begin the process of recommending FY16 budget priorities. Also, there will be a meeting June 25. Finally, he distributed a narrative description of residential services, to supplement information provided at the last meeting.

Chairs' Report: Ms. Deane noted that the PACT picnic, organized by the PACT Advisory Group, is scheduled for 6/11/14. It will be announced.

Announcements: None

Adjournment: The meeting adjourned at 8:00 pm